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HEY, JUNO WHO GOT THE MOST NOMINATIONS?

ARCADE FIRE COMES IN WITH SIX, FOLLOWED BY MICHAEL BUBLÉ AND STOMPA SINGER SERENA RYDER PAGE 18

Ukraine youth fight for their lengthy future

Young protesters struggle to ensure their adult years are full of prosperity and good governance PAGE 12

Mr. Ford, tear down this expressway!

Mayor expects staff report will suggest the eastern part of the crumbling Gardiner is better off demolished PAGE 3

Bust backers milked for all they're worth

Website lets women (with the breast of intentions) solicit 'benefactors' for cash to fund their implants PAGE 13

NEWS WORTH SHARING.

Shy guy left high and dry in U of T rights complaint

Female phobia. Rights tribunal rejects student who avoided class full of women and flunked

Sexual politics have erupted again in Toronto's ivory tower as another male student has lost a bid to be excused from a class with women without losing marks — this time because he's shy.

The Ontario Human Rights Tribunal has dismissed a complaint by University of Toronto student Wongene Daniel Kim, who accused his professor of discriminating against him as a male when she docked him marks for not coming to class because he was too shy to be the only guy.

The second-year health-science major arrived at the opening of a Women and Gender Studies course in the fall of 2012 — "It had spaces left and fit into my timetable" — only to find there was nary a man in sight.

"I felt anxiety; I didn't expect it would be all women.... The thought of spending two hours every week sitting there for the next four months was overwhelming," said Kim, 20.

He added that he manages a part-time job with women because there are other men.

"I'm generally a shy person.... It would have been a burden if I had had to choose a group for group work."

He didn't stay for class — that day, or ever — but continued in the course and

Wongene Daniel Kim
TORSTAR NEWS SERVICE

asked Professor Sarah Trimble to waive the 15 per cent of the mark earned by class participation and attendance. She refused.

Kim got poor marks on assignments and ended up failing the course. He complained to the Human Rights Tribunal that Trimble was penalizing him because he was male.

"I believe if you want to attract more males to these courses, you have to work with them. My request for accommodation was reasonable." TORSTAR NEWS SERVICE

SWEETS FOR SOCHI

Russian tennis star Maria Sharapova was on hand for the launch of her candy brand, Sugarpova, on Tuesday in Sochi. Head to page 33 to see what Canadian athletes already in Sochi are doing in preparation for the Olympics. ALEXANDER HASSENSTEIN/GETTY IMAGES

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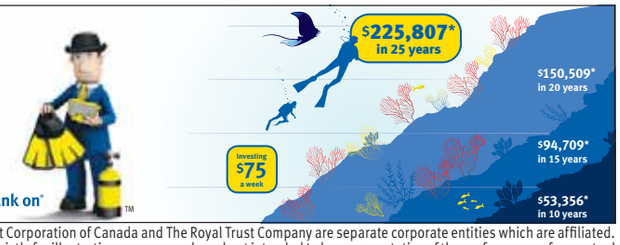

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Gardiner study likely to suggest teardown

Expressway's future. Debate to begin on Gardiner's fate

Mayor Rob Ford says he believes city officials will soon recommend tearing down the eastern portion of the Gardiner Expressway.

The city and Waterfront Toronto will release a report Wednesday that contains an analysis of four options for the long-debated future of the crumbling 2.4-kilometre stretch east of Jarvis Street, which is less than a decade from the end of its useful life.

This particular report will not include a formal recommendation. It will include a detailed evaluation of the options — assessing them by how they would affect travel times, the waterfront, the economy, and other issues.

Senior city bureaucrats will then make a true recommendation to council, likely in the near future.

"We must have a decision on the preferred alternative in the spring of 2014," deputy city manager John Livey said in October.

Quoted

"It is the futon of transportation solutions. It's a terrible bed and an awful couch."

Coun. Denzil Minnan-Wong

The perennial debate will heat up just in time to factor in the 2014 municipal election.

A major project such as a teardown would not likely begin for several years.

Officials have contemplated four possibilities: keeping the elevated expressway and making repairs (for an estimated $230 million); removing the expressway and replacing it with an 8-to-10-lane boulevard (estimated at $240 million to $360 million); removing the expressway and replacing it with a better version that would create space for parks and development ($610 million to $910 million); keeping the expressway but making significant improvements to the streetscape, possibly by removing the two middle lanes ($420 million to $630 million).

Coun. Denzil Minnan-Wong, chair of the public works committee, said he expects the report to be debated at his committee on March 4.

Minnan-Wong has been briefed on the report. He would not disclose its contents, but he said he is "concerned" that officials might recommend a teardown.

TORSTAR NEWS SERVICE

Photo op ahead of byelections

Premier Kathleen Wynne checks out a helicopter while visiting the Airbus Helicopters facility in Fort Erie on Tuesday, as she campaigned for two Feb. 13 byelections. Airbus Helicopters Canada is adding 40 jobs to its factory without aid from the federal or provincial governments, a timely boost for the Liberals. Wynne said the announcement is a "strong vote of confidence" in the 235 workers already at the plant and in the province, which has been hit recently by closures of the Kellogg's cereal plant in London and a Heinz factory in Leamington.

RICK MADONIK/TORSTAR NEWS SERVICE

Cops seek Mayor Ford's cellphone records

Project Brazen 2. Just 3 weeks ago, investigators went before a judge to request search warrant

Toronto police detectives working on the Mayor Rob Ford case have gone back to court seeking more search warrants for cellphone and other records.

The Toronto Star applied to a Superior Court judge on Tuesday to lift the sealing orders on the court documents, a process that could take weeks or months.

The Star says it learned that, as part of their ongoing probe of Ford and others, Project Brazen 2 investigators went before a judge just three weeks ago, on Jan. 14, to request a search warrant for Rogers cellphone records.

Police, in a series of requests on dates that include Jan. 14 and Nov. 29, are seeking additional records connected to the Ford investigation. The Star says it does not know which records specifically are sought with these two applications, although the Jan. 14 request does relate to Rogers. The requests could relate specifically to Ford or to people connected to the Ford investigation.

The Project Brazen 2 investigation began in May after the Star and Gawker published a description of a video showing Ford smoking crack cocaine and making racially charged and homophobic comments.

TORSTAR NEWS SERVICE

Dixon neighbourhood

The Rob Ford probe came about last spring, when detectives working on a massive guns and gangs investigation in northern Etobicoke picked up chatter among alleged gangsters about a "crack video" featuring Ford.

Mayor Rob Ford TORSTAR NEWS SERVICE

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Human rights. Complaint accuses T.O. police of racial profiling

A class action complaint has been filed with the Human Rights Tribunal of Ontario alleging racial profiling by Toronto police.

The Toronto police services board and Chief Bill Blair are named in the complaint filed Tuesday by the Black Action Defense Committee.

The complaint alleges ongoing discrimination or harassment by police based on race, colour, ancestry, place of origin, citizenship, ethnic origin and age.

Black Action Defense is seeking a declaration that racial profiling and carding involve racial discrimination and are a violation of the Charter of Rights and Freedoms and the Ontario Human Rights Code.

It also wants police officers to be required to carry a card telling them how to avoid engaging in racial profiling and racial discrimination.

Toronto police could not be reached to comment on the complaint's allegations, which have not been proven.

Black Action Defense is asking for $100 million compensation for the "several dozen, perhaps thousands of people" because of the "years of discrimination ... harm and suffering both past, present and future." THE CANADIAN PRESS

Toronto police Chief Bill Blair TORSTAR NEWS SERVICE

'Be our ears and our eyes'. Help city catch tree-cutters

A word of advice from Toronto's tree advocate: Blow the whistle if you hear chainsaws firing up at development sites on weekends.

"When trees come down illegally, it's usually after 5 o'clock on Friday and before 9 a.m. on Monday," said Coun. Sarah Doucette, council's tree advocate. "We need residents to be our ears and our eyes out there to let us know if someone is taking a tree down."

She was responding to tree cutting last Saturday on a condo site on Chatsworth Drive in the Yonge-Lawrence area.

A city bylaw prohibits removing healthy mature trees without a permit.

Developer Arsalan Mohajer of Parkset Developments Inc. told Torstar News Service the trees posed a danger due to damage from the ice storm a month earlier, but that was rejected by Coun. Karen Stintz.

Stintz, who represents the area, said the trees were located in a development site with no public access. If they posed a safety problem, property owners are supposed to get approval from city urban forestry officials to remove them.

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Sarah Doucette TORSTAR NEWS SERVICE

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Biker gang. Men convicted in Bandidos killings move forward with appeals

A group of biker gang members and affiliates who are serving life sentences for the slaughter of eight fellow Bandidos is moving forward with appeals of their dozens of murder convictions.

The internal cleansing of the Bandidos biker gang saw the bullet-ridden bodies of eight men stuffed into cars and abandoned in rural southwestern Ontario in April 2006. It's believed to be Ontario's largest mass slaying.

Six men were convicted, including the purported mastermind Wayne Kellestine, of 44 counts of first-degree murder and four counts of manslaughter between them. They all filed notices of appeal shortly after their convictions in 2009, but Appeal Court documents show five are only now proceeding, with four having secured lawyers who have filed written arguments.

In Kellestine's arguments he takes exception to being branded a "psychopath" at trial and to other "massively prejudicial bad character evidence," including Nazi symbols found on his farm where the murders took place.

Despite raising the character issue, Kellestine's main argument on appeal appears to centre on what the judge told the jury about how they could use his statements to police.

The other men — Marcelo Aravena, Brett Gardiner, Frank Mather and Dwight Mushey — were portrayed at trial as power-hungry schemers or wannabes gunning for status in the outlaw motorcycle club.

Several are arguing on appeal that they should have been allowed to use the defence of duress.

No date has yet been scheduled for the appeals, but June or September are being considered. THE CANADIAN PRESS

Bradenton, Fla.

Two Ont. women killed in U.S. crash

A tight-knit community of snowbirds in Florida were in mourning Tuesday after three elderly women — two of them Canadians — were killed in what appeared to be a horrific freak accident.

Residents of the mobile-home community of Bradenton were leaving a Sunday church service at the Sugar Creek Country Club when a 79-year-old woman driving an SUV backed into a group of seven people at high speed.

Margaret Vanderlaan, 72, and Wilhemina Paul, 70, both from Ontario, and Johanna Dijkhoff, 80, who was visiting her Canadian sister from the Netherlands, were killed.

Four others, including a 67-year-old Ontario woman, were seriously injured.

Witnesses told the local paper the driver apparently thought she had the car in drive — and not reverse — when she pressed the gas pedal. THE CANADIAN PRESS

Celebs join ranks to raise funds for special athletes

ThreeSixtyFive gala. Motionball benefit for Special Olympics Canada to also launch yellow card campaign

CYNTHIA BIGRIGG
toronto@metronews.ca

Witnessing all four seasons in a single day is extreme — even for Canada. But this is what more than 2,000 young professionals will experience Friday when they gather at the Liberty Grand for ThreeSixtyFive, Motionball's 13th annual gala.

Along with sinking their toes into sand and sipping frosty drinks, guests will meet Special Olympics athletes and mingle with celebrities, all in the name of supporting Special Olympics Canada.

"Guests can expect lots of fun," said Paul Etherington, co-founder of Motionball.

"We've got four DJs, we've got three live bands, we've got a fashion show, Carmen Electra is performing."

The actress and performing artist (well-known for appearances in Playboy and her role as Lani in Baywatch), will also co-host the gala's VIP reception and take the stage for a special performance.

But Electra is not the only celebrity that guests can expect to see. The list is long and includes several Canadian athletes and actors, including standup comedian, and star of CBC's Mr. D, Gerry Dee.

Singer, actress, supermodel Carmen Electra will perform at this year's Motionball gala on Friday to support Special Olympics Canada. EVAN AGOSTINI/THE ASSOCIATED PRESS

'Unconditional love'

"They have unconditional love for you. They don't judge. They don't have racism, they don't have sexism, they don't have anything — they just love you."
Gerry Dee, star of Mr. D, on his interactions with intellectually disabled people

"It's a great event for a great cause," said Dee, stating that the Special Olympics are "a great way for disabled kids to get to experience the Olympics and the sports world the way they should, the way that people who don't have special needs do."

Dee, who taught high school physical education before becoming a performer, has found teaching and working with intellectually disabled people to be rewarding.

Etherington echoed his sentiments.

"They're just like us. They have the same needs, they have the same wants, they like the movies that are out that we're going to see, they like to party, they like to dance, they like to have fun, they want to be successful in their everyday living. The biggest issue is just opportunity."

After graduating from university, Etherington and his brothers were determined to help create the opportunities that were missing for Canadians with intellectual disabilities by engaging their own generation.

"Our slogan is 'educate, integrate, celebrate,'" said Etherington, noting that the lack of integration between those with intellectual disabilities and their peers often starts in the high school system.

"An individual with an intellectual disability is often going to be the last individual picked for a team sport," he said.

"Our events are all about levelling the playing field — those with a disability become the celebrity for the day. They're put on your team, you spend an afternoon or a day with them, and you realize at the end of the day that we're all the same people."

This year, Motionball is using the gala to launch their yellow card campaign.

"It's ultimately the idea of ending the use of the 'R-word' through a variety of initiatives both online and off. The campaign boils down to one simple truth in our opinion, which is that there's no good way to use the 'R-word.' We're really excited about this."

Cash Mob shows Metro the money

YTV's Cash Mob dropped in at Metro's Toronto headquarters on Tuesday for some trivia fun. Host Andrew Chapman, far left, posed trivia questions to the three contestants — Christianne Cruz, Ciara McKeown and Ryan Izokaitis. Izokaitis was the eventual winner, raking in $200 for his efforts. DAVID VAN DYKE/METRO

'Union Station' no more?

What's in a train station name?

That is the somewhat existential question set to be examined at city hall in coming months, as Coun. Denzil Minnan-Wong pursues a campaign to rename Union Station after Sir John A. Macdonald.

"(He) is known for his National Policy, for building a railway from coast to coast," Minnan-Wong said in announcing the proposal on Tuesday. "What better place in terms of recognition of Sir John A. than Union Station, probably the most important railway station in the country?"

Not everyone agrees. Historians expressed strong disdain for a move they say would sever a vital tie to the city's past.

Unprecedented move?

"I'm not aware of any transportation facility that was named after anybody." Derek Boles, historian, Toronto Railway Museum

"I don't think Union Station is just some generic name that doesn't mean anything," said Derek Boles, chief historian of the Toronto Railway Museum. "It means a lot to Toronto."

The story of how Toronto's Union Station got its name is fairly straightforward, and hardly unique. But it is also a tale that speaks volumes about the tradition of naming what were at the time North America's most important transportation hubs.

Here's the gist: Completed in 1927, the grand rail hub in the heart of downtown was built to unite railway lines operated by different companies under one roof. It was big step forward in train travel and a popular concept, sprouting Union stations in cities across North America, from Chicago to Los Angeles.

Back then, stations with single lines were often named after the street where they were located, such as Montreal's Windsor Station, or for the rail company that built them, like Grand Trunk Railway Station in Detroit. TORSTAR NEWS SERVICE

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Harb and Brazeau charged by RCMP

Expenses. Mounties charge one Liberal and one Conservative; investigation of Duffy and Wallin continues

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

Mac Harb, left, and Patrick Brazeau, right. THE CANADIAN PRESS

The RCMP continues to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pamela Wallin.

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment to the Senate and where he continued to spend most of his time.

Although he has always denied any wrongdoing, Harb repaid the Senate $231,649.07.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily just across the river from Ottawa in Gatineau, Que. THE CANADIAN PRESS

Pickup full of dead coyotes shocks woman

JACOB MORGAN
Metro in Saskatoon

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA. She took out her phone to snap a picture and shared the disturbing image on Facebook. Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

Tiffiny Koback of Saskatoon posted this to Facebook. TIFFINY KOBACK/FACEBOOK

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Jose Salvador Alvarenga
THE ASSOCIATED PRESS

Parents of castaway thrilled by son's return

A Salvadoran fisherman's account of his survival after more than 13 months and about 10,000 kilometres in an open boat has proved a double miracle for his mother and father, who lost touch with him eight years ago and thought he was dead.

Comments by Jose Salvador Alvarenga's joyful, sometimes tearful parents about their son may help explain how he survived, but they did little to dispel continued doubts about his tale. His father, Jose Ricardo Orellana, 65, described a strong, stocky young man who went to sea at age 14. His mother, Maria Julia Alvarenga, 59, broke into tears after recounting a phone call with her son from the Marshall Islands. He told her he was well, staying at a hotel and getting food and medicine — but didn't know where he was.

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Putin gets a purrfect

Russian President Vladimir Putin pets a snow leopard cub at the snow leopard sanctuary in Sochi, Tuesday. CONTRIBUTED

Austria. Kidnapping threat made against Sochi athletes

The Austrian Olympic Committee has received an anonymous letter containing a kidnap threat against Alpine skier Bernadette Schild and skeleton pilot Janine Flock during the Sochi Games.

The letter, written in German, was delivered Monday to the mailbox of its Vienna office, AOC general secretary Peter Mennel said Tuesday.

"We have immediately alerted the Federal Criminal Agency, which is investigating the case," Mennel said.

Interior Ministry spokesman Karl-Heinz Grundboeck confirmed the ongoing investigation, adding that Russian authorities had been informed and that no information would be made public if or when additional security measures were established for Schild and Flock. "I am not worried, I don't think too much about the issue," Flock said after arriving in the Russian resort. "I am here to concentrate on my sport."

THE ASSOCIATED PRESS

ready for Olympics

Sochi 2014. Russian president gets cuddly with leopard, Olympic Committee

Basking in the glow of support from International Olympic Committee Chairman Thomas Bach, President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea resort.

"We've decided to restore the population of the Persian leopard because of the Olympic Games," Putin said.

Putin's visit to the leopard preserve was designed as a show of environmental concern during the Sochi Games, which open Friday. The sanctuary was established five years ago as an Olympics-related project.

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand and bit another on the knee, Russian news agencies reported.

The buildup to the Olympics has been overshadowed by Western criticism of an anti-gay law and Russia's record on human rights and other issues, making Sochi among the most politically charged games in years.

Obama and key European leaders are shunning the Olympics and Obama has sent a delegation to Sochi made up of three openly gay athletes.

Speaking at an IOC gathering, Putin said nothing about the issues confronting the Sochi Games — which also include cost overruns and unfinished hotels.

He boasted that Russia had undertaken the monumental effort of starting from scratch in Sochi and completing the needed construction in a short time, something he said it took other countries decades to prepare.

"We realize what a difficult decision this was to hold the games in a city that barely had 10 to 15 per cent of the necessary infrastructure," Putin told the IOC. "You believed in us, you believed in the Russian character which can overcome all difficulties."

THE ASSOCIATED PRESS

No expenses spared

President Putin has thrown open the Kremlin treasury to finance the Olympics, lavishing a record $51 billion on sports facilities and transportation infrastructure in Sochi.

- With the vast sum invested in the games, the once-sleepy resort has turned into a kind of Disneyland of phantasmagorical structures — new highways, sweeping overpasses and top-notch sports venues. Winding roads and rail lines were cut upward into the mountains to newly built Alpine facilities.

IOC. Politicians using Games to push agendas: President

Three days before the opening of the Winter Games, IOC President Thomas Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Bach's comments appeared directed at President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

For the first time since 2000, the U.S. delegation to an Olympics will not include a president, vice-president or first lady. Former Homeland Security chief Janet Napolitano leads the delegation. German President Joachim Gauck and French President Francois Hollande are also not coming to Sochi. Neither is British Prime Minister David Cameron.

The IOC has come under criticism for not doing more to fight the anti-gay law, but Bach said the committee was a sports organization with limited responsibilities. THE ASSOCIATED PRESS

Calgary gay bar owner backs athlete

It started as a simple friendship, formed long before Russia's human-rights policies took centre-stage.

RayJean Fafard, co-owner of Calgary gay bar Twisted Element, couldn't be happier to aid one of Canada's medal hopefuls, long-track speed skater Denny Morrison, in his Sochi podium bid.

"I honestly feel like now I'm contributing to something bigger than me," Fafard said Tuesday. "This is important — he's there not only representing Canada, but, in a small part, representing the gay community."

Fafard first met Morrison at Twisted Element last year. They got to chatting and it didn't take long for the topic of athlete funding — or lack thereof — was raised.

Fafard learned Morrison's training regimen and intense competition schedule takes him all over the world. He agreed to help fund future endeavours.

Fafard keeps in close contact with the speed-skater in the lead up to the Games. "The other day I texted and asked him to send me some photos of the area because I wanted to see what it looks like," Fafard said.

JEREMY NOLAIS/METRO IN CALGARY

Canadian speed skating team member Denny Morrison. THE ASSOCIATED PRESS

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Quoted

"The world's attention is our only hope right now."

Oleg Komin, 32, Kyiv
Lawyer
Studied in the U.S., hopes his country will follow the West

Quoted

"I'm happy Canada's getting involved and put the visa ban on our government."

Dasha Mychailova, 19, Kyiv
International-relations student
Sees the protests from an international perspective

Quoted

"Once people wake up they don't go back to sleep."

Andrew Meakovsky, 24, Kyiv
IT specialist
Joined the protests after a law targeted freedom of speech

Quoted

"Sometimes I want to huddle in a corner; I'll have to move if things get really bad."

Yuliya Kudriavtseva, 30, Kyiv
Translator
Worked with the reporter at the protests

Youth are at the forefront of the protest movement in Ukraine, risking jail and injury to fight what they say is an attack on their freedom. CONTRIBUTED

'We want to be part of Europe, not the Soviet Union'

Ukraine. Young people are driving protests in Kyiv and fighting for their future

DYLAN C. ROBERTSON
For Metro in Toronto

During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were youth.

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps, barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human rights.

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in November when Ukraine's president pivoted the indebted country toward Russia, which offered a $15-billion bailout, instead of the European Union.

Thousands set up Occupy-style tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were attacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovsky got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovsky said many youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

"There's an unwillingness to listen; both sides won't hear each other."

Economic problems

- The minimum hourly wage in Ukraine is $0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

Website helps women get free breast implants

Crowdfunding.
Website allows male 'benefactors' to donate after viewing women's online profiles

CYNTHIA BIGRIGG
For Metro

Holly Mendez, 28, is hoping to raise $10,000 for breast augmentation surgery. CONTRIBUTED

Small-breasted women who are unhappy with their cup size take note. With a few clicks of a mouse and some "friendly" conversation, women everywhere can receive a breast augmentation at the hands of a board-certified surgeon — for free.

At least, that's what crowdfunding site myfreeimplants.com promises their members. This is how it works: Women create a profile with photos detailing why they want a breast augmentation and why they can't afford it. They then market their profiles to potential donors to raise funds for the procedure.

Men, called "benefactors," also sign up free, but they have to purchase credits, which can be used to send women of their choice messages. The women accumulate cash in their accounts for every message received. Surgeons are paid directly by myfreeimplants for the procedures.

The site, founded in Los Angeles by Jay Moore and Jason Grunstra, was originally created to raise money so that their friend could have an augmentation.

"It was a very simple social network," said Moore. "She was able to raise the funds herself in about four months. With that kind of concept, we developed the full version of the site. It grew organically over the next couple of years and became a full-fledged social network."

The site focuses on a sense of community. Moore believes that more donors are attracted to the idea of an online friendship, rather than provocative content.

"You can get explicit content for free anywhere on the Internet," said Moore,

"Donors are looking to actually make a connection on a different level. Those donors are more likely to give larger amounts."

Dr. Jerome Edelstein, plastic surgeon at Edelstein Cosmetic in Toronto, said he sees two general demographics interested in breast augmentation.

"One is a younger age, usually in their 20s, whose breast development never got to what they would like from puberty. The second group is 'post-children,' where they've lost volume from having kids."

Holly Mendez, a 28-year-old customer service representative from Toronto, falls into both categories. She has been a member of myfreeimplants for three weeks.

"I've had small breasts all my life," said Mendez. "I had a baby four years ago, and breast-feeding made the situation worse. I feel like if I got (an augmentation), I would feel more confident. It would just make me happy. I'm doing it for me."

Mendez believes that personal connection plays a large role in the fundraising process, and even feels that she has made a few friends in the myfreeimplants community.

"You can talk about anything. You can talk about the weather, you can talk about cars, you can talk about their job. I just talk about whatever they want to talk about." said Mendez.

So far, Mendez has raised around $400 toward her goal of $10,000. She hopes to have the full amount within a year, but says she is enjoying her experience along the way.

"It's something fun to do online. It's like any other social networking site, but at the same time, you are making money to get your breast augmentation."

Cashing in

"You raise money by chatting. Every message that a guy sends you is a paid message — you make a dollar. You can talk to the donors and ask for donations. If they like you, they'll donate money."

Holly Mendez, myfreeimplants member

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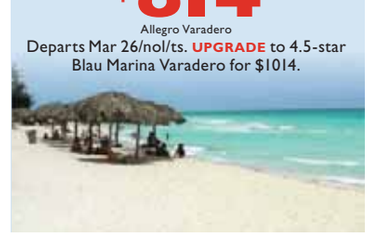

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Raw milk fight goes to Ontario's top court

New study. Lawyers want to admit findings they say shows that unpasteurized milk reduces kids' risk of asthma or allergies

Farmer Michael Schmidt, seen here outside court in Newmarket in July 2008, and his supporters are taking their self-professed right to drink unpasteurized milk to Ontario's top court. COLIN PERKEL/THE CANADIAN PRESS

A crusading farmer and his supporters are taking their self-professed right to drink unpasteurized milk, which the government calls a "significant public health risk," to Ontario's top court this week.

Raw milk farmer Michael Schmidt is arguing that by making the sale and distribution of unpasteurized milk illegal, the province is infringing on both his and his customers' basic freedoms.

The charter includes "the right of individuals to make decisions pertaining to their own bodies and their own health," Schmidt's lawyers write in arguments filed with Ontario's Appeal Court.

But the province says the law is meant to protect public health and infringes neither Schmidt's nor his customers' charter rights, the government argues.

A provincial court judge convicted Schmidt in 2011 of 13 charges under the Health Protection and Promotion Act and the Milk Act and fined him $9,150. That decision overturned an earlier one, in which another judge had acquitted Schmidt.

The case will now go before the Court of Appeal for Ontario, set for arguments Wednesday. THE CANADIAN PRESS

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Grocery store wars.
Walmart Canada ups the ante, puts $500M on table

Walmart is placing its bets on the fresh food business, as it announced Tuesday it will open 35 more Canadian supercentres as part of nearly $500 million in planned investments this year.

The world's biggest retailer said its long-term plan is to offer groceries in each of its Canadian stores, a move which will increase the pressure on its retail rivals.

"We love the idea of our customer coming in and buying ground turkey and taco seasoning and salad mix and diapers, getting their oil changed, picking up a pair of eyeglasses and riding home on a new bike. I mean you can get it all done at Walmart and we love the idea of that," said Shelley Broader, Walmart Canada's president and CEO, in an interview.

The discount chain, which celebrated its 20th anniversary in Canada last month, is investing more than $376 million to build, expand, relocate or remodel its stores. It said six of the stores will be new, 10 will be expansions and 18 will be retrofitted to add a fresh food section. One store will be relocated. THE CANADIAN PRESS

Market Minute

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The revolution will be televised ... on Netflix

Do adjust your screen.
Survey says 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. THE ASSOCIATED PRESS

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

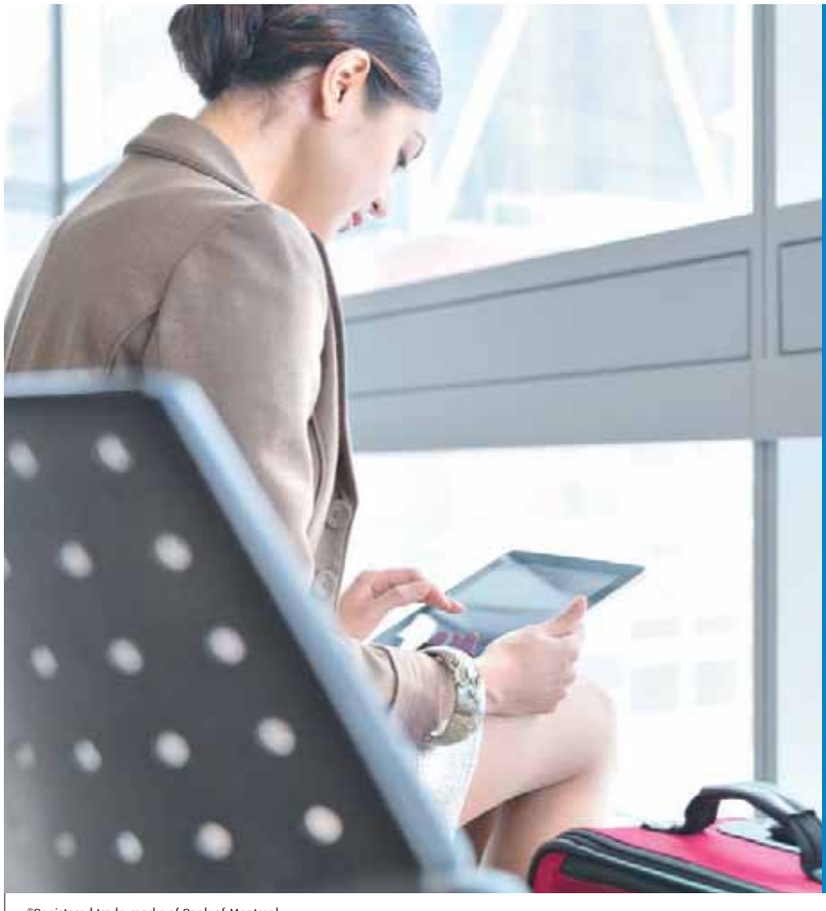
Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the $8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen.

THE CANADIAN PRESS



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STUFFAHOLISM KILLS

JUST SAYIN'

Paul Sullivan
metronews.ca

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

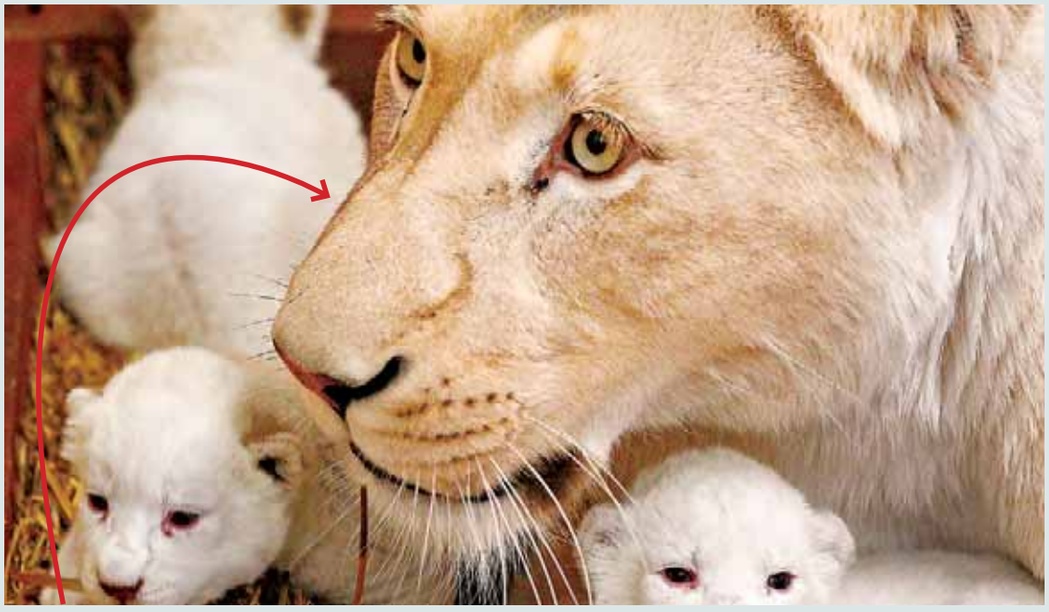
And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS

In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

THE ASSOCIATED PRESS FILE

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.

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HANNAH ZITNER
hannah.zitner@metronews.ca

With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:
Curate a magazine filled with articles from your favourite news sites, social networks, blogs or even RSS feeds.

Feedly:
The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, magazine style format.

Twitter

A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

@wgb75 Why can't Edmonton have a puppy cafe. A lot would be interested.

@teemodajo A crafty cafe with local artiste's wares.

@Chris_cymru board game cafe. Like snakes &lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the cat cafe.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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Minifigs movie built on an idea that's been around the block

Silver screen play box.
The Lego Movie latest film hoping to turn kid's toy into a blockbuster

IN FOCUS
Richard Crouse
scene@metronews.ca

Minifigures stick together to save the universe from the tyranny of Lord Business in The Lego Movie. CONTRIBUTED

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy Story series.

Toying with filmgoers' affections

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

Juno noms Reflektor Arcade Fire's heat

Junos. Montreal band scores six nods, Bublé, Ryder get five each

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be Loved and Ryder's Harmony.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS

Drake's Nothins Was the Same is up for album of the Year. GETTY IMAGES

Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

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GAIN ESSENTIAL SKILLS AT GEORGE BROWN

The logistics/supply chain advanced diploma program at George Brown College will teach students how to be a strategic asset to any organization.

"This program is uniquely designed to provide students with skills to enable them to make a positive contribution to an organization's supply chain," says Sam Lampropoulos, professor, logistics/supply chain management, school of management, Centre for Business, George Brown College.

The program is a three-year advanced diploma that supplements required core courses such as accounting, marketing and strategic analysis with industry specific courses in purchasing, enterprise resource planning and customs to create a basis for a well-rounded supply chain professional.

It also incorporates strategic and technological elements of supply chain management, which were identified as key competencies by the college's business program advisory committee.

Lampropoulos says students will learn how a logistics/supply chain can enable organizations to develop a strategic advantage by partnering with their suppliers, creating strategic alliances with other organizations to reduce supply chain costs and improving collaboration across the supply chain to reduce inventory and improve customer service.

George Brown College is currently working with the Supply Chain Management Association (SCMA) to ensure they provide currency in the supply chain industry.

In addition, the optional co-op option provides students with an opportunity to get work experience in the field.

For another chance to make contacts in the field, George Brown College initiated the inaugural supply chain student case competition in 2012, which has now grown to a Canada-wide competition. This event matches some of the best and brightest supply chain students from around the country who can showcase their talents to some of the industry's top firms.

For more, visit georgebrown.ca.

OPPORTUNITIES

Sam Lampropoulos, professor, logistics/supply chain management, school of management, Centre for Business, George Brown College, says students who have taken logistics/supply chain courses as part of their education at George Brown College have been hired to work as assistant team leaders with Matrix Logistics (third party distributor for Shoppers Drug Mart at Mississauga and Cornwall locations), distribution analysts at The Bargain Shop, and management trainees at Maple Leaf Foods.

Where job skills meet people skills.

GEORGE BROWN COLLEGE

georgebrown.ca

LIFE 3

What a winter fun-derland

Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY BUCKWORTH
life@metronews.ca

After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels.

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.

Panorama quick facts

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

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Countdown to th
A special CBC-TV

LIVE FROM SOCHI

ALL TIMES EASTERN

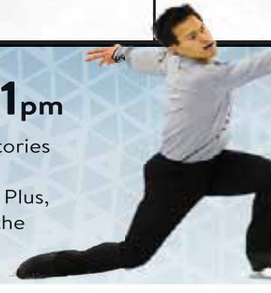
ALL TIMES EASTERN

SAT FEB 8	SUN FEB 9	MON FEB 10	TUE FEB 11	WED FEB 12	THU FEB 13	FRI FEB 14	SAT FEB 1
12:30 AM - 2:15 AM SNOWBOARD MEN'S SLOPESTYLE	2 AM - 4:15 AM ALPINE SKIING MEN'S DOWNHILL	12 AM - 2:30 AM CURLING-MEN'S GER vs CAN	12 AM - 3 AM CURLING-WOMEN'S SWE vs CAN	2 AM - 4:15 AM ALPINE SKIING LADIES' DOWNHILL	12 AM - 2:30 AM CURLING-WOMEN'S CAN vs DEN	12 AM - 3 AM CURLING-MEN'S CAN vs NOR	12 AM - 3 AM CURLING-WOM CAN vs JPN
3:45 AM - 5 AM SNOWBOARD MEN'S SLOPESTYLE	4:15 AM - 5:15 AM SNOWBOARD LADIES' SLOPESTYLE	2:30 AM - 4:45 AM ALPINE SKIING LADIES' SC (DH)	4 AM - 5 AM FREESTYLE SKIING LADIES' SLOPESTYLE	4:30 AM - 5 AM NORDIC COMBINED MEN'S INDIVIDUAL	2:30 AM - 4:15 AM WOMEN'S SKELETON	3 AM - 5:30 AM ALPINE SKIING MEN'S SC (DH) & MEN'S HOCKEY CZE vs LAT	3 AM - 5:30 AM ALPINE SKIING LADIES' SG & MEN'S HOCKEY SVK vs SLO
5 AM - 6 AM CROSS COUNTRY LADIES' SKIATHLON	5:15 AM - 5:45 AM CROSS COUNTRY MEN'S SKIATHLON	4:45 AM - 7:30 AM SHORT TRACK SPEED SKATING	5 AM - 8 AM CURLING-MEN'S CAN vs SWE	7:30 AM - 10 AM WOMEN'S HOCKEY CAN vs USA	4:30 AM - 5:45 AM FREESTYLE SKIING MENS' SLOPESTYLE	5:30 AM - 7 AM CROSS COUNTRY SKIING MEN'S 15KM CLASSIC	6 AM - 7:30 AM SHORT TRACK SPEED SKATIN
6:30 AM - 7:15 AM SPEED SKATING MENS 5000M	6:30 AM - 8:30 AM SPEED SKATING LADIES' 3000M	7:30 AM - 8:45 AM ALPINE SKIING LADIES' SC (SL)	8 AM - 8:45 AM CROSS COUNTRY SKIING	10 AM - 11:30 AM SPEED SKATING MEN'S 1000M SNOWBOARD LADIES' HALFPIPE	6 AM - 7:15 AM SHORT TRACK SPEED SKATING	7:30 AM - 10 AM MEN'S HOCKEY RUS vs SLO	7:30 AM - 10 A MEN'S HOCKEY USA vs RUS
8 AM - 10:30 AM WOMEN'S HOCKEY CAN vs SUI	10 AM - 1:15 PM FIGURE SKATING TEAM MEN'S FREE LADIES' FREE DANCE FREE	9 AM - 9:45 AM FREESTYLE SKIING MEN'S MOGULS	8:45 AM - 12:30 PM SPEED SKATING LADIES' 500M & LADIES' LUGE	12:15 PM - 1:45 PM FIGURE SKATING PAIRS FREE	7:30 AM - 10 AM MEN'S HOCKEY RUS vs SLO	8 AM - 8:45 AM ALPINE SKIING MEN'S SC (SL)	10:30 AM - NO SKELETON MEN'S
10:30 AM - 1 PM FIGURE SKATING TEAM EVENT	1:15 PM - 2:15 PM SKI JUMPING MEN'S	10 AM - 12:30 PM WOMEN'S HOCKEY FIN vs CAN	12:30 PM - 1:30 PM SNOWBOARD MENS' HALFPIPE	1:45 PM - 2:45 PM SNOWBOARD LADIES' HALFPIPE	10 AM - 11 AM SPEED SKATING LADIES' 1000M	8:45 AM - 9:45 AM FREESTYLE SKIING LADIES' AERIALS	12:30 PM - 2 P SKI JUMPING MEN'S
1 PM - 2:30 PM FREESTYLE SKIING LADIES' MOGULS	2:30 PM - 5 PM MEN'S LUGE & BIATHLON WOMEN'S 7.5 KM SPRINT	1 PM - 2:30 PM FREESTYLE SKIING MEN'S MOGULS	1:30 PM - 2 PM SKI JUMPING LADIES'	3 PM - 4 PM LUGE DOUBLES	11 AM - 11:45 AM BIATHLON MEN'S 20 KM INDIVIDUAL	10 AM - 11:45 AM SKELETON MEN'S & WOMEN'S	2:15 PM - 3:15 CROSS COUNT SKIING LADIES' RELAY 4x5KM
3 PM OTTAWA @ BOSTON	4 PM - 5 PM WOMEN'S LUGE	3 PM - 4 PM BIATHLON MEN'S 12.5 KM PURSUIT	2 PM - 3 PM FIGURE SKATING PAIRS' SHORT	4 PM - 5 PM NORDIC COMBINED MEN'S INDIVIDUAL 10 KM	NOON - 2:30 PM MEN'S HOCKEY CAN vs NOR	NOON - 2:30 PM MEN'S HOCKEY CAN vs AUT	3:15 PM - 4 P SPEED SKATIN MEN'S 1500M
6 PM VANCOUVER @ TORONTO		4 PM - 5 PM WOMEN'S LUGE	3 PM - 4 PM BIATHLON WOMEN'S 10 KM PURSUIT		3 PM - 4 PM LUGE TEAM RELAY	3 PM - 4 PM FREESTYLE SKIING LADIES' AERIALS	4 PM - 4:30 PM ALPINE SKIING LADIES' SG
MONTREAL @ CAROLINA					4 PM - 5 PM CROSS COUNTRY SKIING LADIES' 10KM CLASSIC	4 PM - 5 PM SKI JUMPING MEN'S QUALIFICATION	4:30 PM - 5 PM JONATHAN TOE EVERY PICTUR TELLS A STORY (DOCUMENTAR
FOR FEB 8, OLYMPIC PRIME TIME STARTS AT 9 PM							

PRIME TIME

OLYMPIC PRIME TIME 7pm to 11pm

Host **Ron MacLean** connects viewers to the day's stories including all the best moments and interviews with athletes. Enjoy a deeper connection with Primetime Plus, a second screen experience available exclusively on the CBC Olympic Games App.



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OMENT

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e Opening Ceremony begins at 10am on CBC and CBC News Network with full event coverage starting at 11am.
/ primetime show at 7pm features athlete reaction to the Opening Ceremony.

15	SUN FEB 16	MON FEB 17	TUE FEB 18	WED FEB 19	THU FEB 20	FRI FEB 21	SAT FEB 22	SUN FEB 23
MEN'S M G Y M G AM Y ON PM RY M G M WS - E Y)	12 AM - 3 AM CURLING-MEN'S USA vs CAN 3 AM - 4:15 AM ALPINE SKIING MEN'S SG 4:15 AM - 5:15 AM SNOWBOARD LADIES' SBX 5:15 AM - 8 AM CURLING-WOMEN'S USA vs CAN 9 AM - 10:45 AM SPEED SKATING LADIES' 1500M 11 AM - 11:45 AM BIATHLON MEN'S 15 KM MASS NOON - 2:30 PM MEN'S HOCKEY CAN vs FIN 3 PM - 4 PM TWO-MAN BOBSLEIGH 4 PM - 5 PM CROSS COUNTRY SKIING MEN'S RELAY 4x10KM	12 AM - 3 AM CURLING-WOMEN'S TBD 4:30 AM - 5:30 AM SNOWBOARD MENS' SBX 7:30 AM - 10 AM WOMEN'S HOCKEY SEMI FINALS 10 AM - 11:45 AM TWO-MAN BOBSLEIGH NOON - 2:30 PM WOMEN'S HOCKEY SEMI FINALS 3 PM - 4 PM SKI JUMPING MEN'S TEAM LH 4 PM - 5 PM BIATHLON WOMEN'S 12.5 KM MASS	12 AM - 1:45 AM CURLING-MEN'S OR WOMEN'S TIE-BREAK 2 AM - 3 AM ALPINE SKIING LADIES' GIANT SLALOM 3 AM - 5:30 AM MEN'S HOCKEY QUALIFICATION PLAYOFF 5:30 AM - 6:30 AM SHORT TRACK SPEED SKATING LADIES' 1000M MEN'S 500M 6:30 AM - 7:15 AM ALPINE SKIING LADIES' GIANT SLALOM 7:30 AM - 10 AM MEN'S HOCKEY QUALIFICATION PLAYOFF 10:15 AM - 11 AM WOMEN'S BOBSLEIGH NOON - 2:30 PM MEN'S HOCKEY QUALIFICATION PLAYOFF 3 PM - 4:45 PM NORDIC COMBINED MEN'S INDIVIDUAL	12:15 AM - 2 AM SNOWBOARD MEN'S & LADIES' PGS 2 AM - 4 AM ALPINE SKIING MEN'S GIANT SLALOM 4 AM - 5 AM SNOWBOARD MEN'S & LADIES' PGS 5 AM - 7:30 AM CURLING-WOMEN'S SEMI FINAL#1 7:30 AM - 10 AM MEN'S HOCKEY QUARTERFINAL 10:15 AM - 11 AM CROSS COUNTRY SKIING MEN'S & LADIES' TEAM SPRINT 11 AM - 11:45 AM SNOWBOARD MEN'S & LADIES' PGS NOON - 2:30 PM MEN'S HOCKEY QUARTERFINAL 3 PM - 4 PM FIGURE SKATING LADIES' SHORT 4 PM - 5 PM CROSS COUNTRY SKIING MEN'S & LADIES' TEAM SPRINT CLASSIC	2:45 - 3:30 AM FREESTYLE SKIING MENS' SKI CROSS 3:30 AM - 4:15 AM NORDIC COMBINED MEN'S TEAM LH 4:30 AM - 6 AM FREESTYLE SKIING MENS' SKI CROSS 6 AM - 7:15 AM NORDIC COMBINED MEN'S TEAM 4X5KM 8:30 AM - NOON CURLING-WOMEN'S GOLD MEDAL MATCH NOON - 3 PM WOMEN'S HOCKEY GOLD MEDAL MATCH 3 PM - 4 PM FREESTYLE SKIING LADIES' HALFPIPE 4 PM - 5 PM NORDIC COMBINED MEN'S TEAM 4X5KM	2:45 AM - 3:30 AM FREESTYLE SKIING LADIES' SKI CROSS 4:30 AM - 6 AM FREESTYLE SKIING LADIES' SKI CROSS 8:30 AM - 11:30 AM CURLING-MEN'S GOLD MEDAL MATCH NOON - 2:30 PM MEN'S HOCKEY SEMI FINAL 3 PM - 4 PM SPEED SKATING MEN'S & LADIES' TEAM PURSUIT 4 PM - 5 PM ALPINE SKIING LADIES' SLALOM	12:15 AM - 2 AM SNOWBOARD MEN'S & LADIES' PS 4:15 AM - 6 AM SNOWBOARD MEN'S & LADIES' PS 6:15 AM - 7:30 AM CROSS COUNTRY SKIING LADIES' 30KM MASS 7:45 AM - 8:30 AM ALPINE SKIING MEN'S SLALOM 8:30 AM - 10 AM SPEED SKATING MEN'S & LADIES' TEAM PURSUIT 10 AM -1 PM MEN'S HOCKEY BRONZE MEDAL MATCH 1 PM - 2:15 PM FOUR-MAN BOBSLEIGH 2:15 PM - 3 PM ALPINE SKIING MEN'S SLALOM 4 PM - 5 PM BIATHLON MEN'S 4x7.5KM RELAY	2 AM - 4:45 AM CROSS COUNTRY SKIING MENS' 50KM MASS 4:45 AM - 6 AM FOUR-MAN BOBSLEIGH 6 AM - 7 AM MEN'S HOCKEY PRE SHOW 7 AM -10 AM MEN'S HOCKEY GOLD MEDAL MATCH 11 AM - 1:30 PM CLOSING CEREMONY

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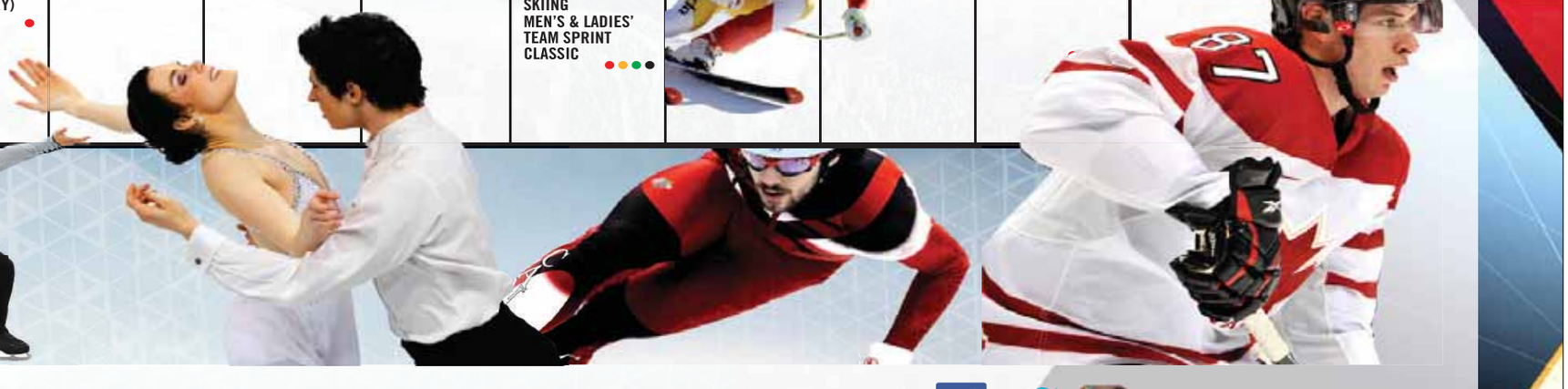

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FEB 7 - OPENING CEREMONY
FEB 8 - TASTE OF RUSSIA
FEB 15 - PIN DAY (HOSTING A PIN SWAP FOR PIN COLLECTORS AND SPORT ENTHUSIASTS)
FEB 17 - FAMILY DAY SIGN DAY (BRING YOUR BEST SIGN TO CBC AND CHEER ON TEAM CANADA)
FEB 20 - WOMEN'S GOLD MEDAL HOCKEY GAME
FEB 22 - TASTE OF RUSSIA
SPECIAL TIME – STARTING AT 7 AM (WITH PANCAKE BREAKFAST)
FEB 23 - MEN'S GOLD MEDAL HOCKEY GAME & CLOSING CEREMONY

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SEASON PREMIERE FEB 24
MONDAYS at 9:30

SEASON PREMIERE FEB 26
WEDNESDAYS at 9

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June 12 - July 13

Deal

Sweetheart special

Impress your valentine this year with a night or two at the boho-chic Ace Hotel New York by booking through hotel connoisseurs Mr & Mrs Smith. The property won the Smith hotel award for hottest hotel bar last year. Soak up the NoMad neighbourhood vibe for around $200 US plus tax. Head to smithhotels.com/luxury-hotels/ace-hotel-new-york.

DOUG WALLACE/METRO

Trend

The eco-holiday

The world is your sustainable oyster. Websites and travel agencies like Eco Tour and Holidays for Humanity are gaining travel ground. Aqua Nicaragua Resort, for example, is designed as a tree house to minimize impact on the forest floor. Check out holidaysforhumanity.com and ecotourdirectory.com.

DOUG WALLACE/METRO

How-to

Breeze through airport security

1. Eliminate pocket fishing by putting everything in your jacket first thing in the morning, including jewelery. 2. Pack your belt in the carry-on, unless it's actually keeping up your pants. 3. Wear loafers so you don't have to deal with shoelaces or boots. 4. Check out NEXUS at cbsa-asfc.gc.ca.

DOUG WALLACE/METRO

Your trip to a life-changing light show

Yellowknife. Tourists around the world flock to Canada's north to witness one of nature's lovely miracles

A particularly good aurora is greeted like a rock star, according to locals in Yellowknife. GETTY IMAGES

A van picks up a score or so of tourists from a Yellowknife hotel and heads off into the night, destination wonderment.

"The aurora is one of our dreams," explains Kazna Mori of Japan, who's come to these silent, snowy woods outside of the northern capital in hopes that on this night the northern lights will dance for her.

"It's a dreaming thing," she says. "It's a miracle thing."

She's one of a few dozen visitors this night to Aurora Village, a collection of wood-heated teepees and other facilities about a half-hour's drive into the boreal forest, where the only competition for the aurora borealis comes from the stars and the moon.

For 10 years, the village has welcomed viewers to one of the best borealis-watching sites in the world, favoured by its inland geography and position under the aurora ovals where the celestial lights have their origin far above the earth.

"A good night, you're totally in awe," says Steve Herrett, who's been hosting visitors here for eight years.

"My mouth falls open and my head goes back. It can make you feel so minuscule and tiny, it's so powerful. You feel gifted to experience something like it."

Most of the visitors are from Japan and Taiwan, says Herrett. China is a growing source, with even a few Canadians starting to take an interest in the light show in their own northern backyard.

A particularly good aurora, with vast veils of green and pink furling and rippling across the sky, is greeted like a rock star.

"All the girls start screaming," Herrett says. "They're just so excited. It's almost hysteria."

And yes, sometimes you can hear the aurora.

"I've heard them once," says Herrett. "It sounds like static electricity, a little bit of a crackling sound."

He says some scientists suggest it's not a sound at all, but a resonance the aurora actually produces within the human body.

"It appears in historic records that long ago the explorers and the Inuit people heard them frequently. Today it's very rare. We wonder what that's all about."

It's about -20 C this night, mild by the standards of Yellowknife in January. But Aradhna Kaur of Singapore has never worn so many clothes. "Absolutely not," she says with a laugh, flexing the bulky sleeves of her village-provided parka. "It's odd, but interesting." THE CANADIAN PRESS

Quick facts

- **Did you know?** Lights can be seen at both the North and South pole. They are called aurora australis in the south.
- **What causes the lights?** The beautiful light show is the result of a collision between charged particles from the sun's atmosphere and gaseous particles in the Earth's atmosphere.

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Whistler: For billionaires and backpackers

Ballin' and budgeting. Metro's Loren Christie enjoys one of Canada's top ski destinations in two very different ways

ON THE MOVE
Loren Christie
life@metronews.ca

Hitting the slopes at Whistler can be affordable. TOURISM BC

I recently checked out Whistler Blackcomb, both as a prince and a pauper. What could one day of skiing cost you at Canada's premier ski resort? Well it depends… somewhere between $250 and $10,000.

High roller — From Vancouver International Airport it's a quick shuttle to the Helijet terminal. My five-passenger helicopter ride to Whistler cost $3,590 or $718 per person if you are fortunate enough to have fellow travellers.

Budget conscious — Look for the Pacific Coach Lines shuttle bus just outside the airport's International Departures Area. After $72 and a brief stop in downtown Vancouver, it's a three-hour drive to Whistler Village.

High roller — The opulent yet cozy presidential suite at the Four Seasons Resort & Residences Whistler will set you back at least $3,000 a night.

Budget conscious — Once used to house athletes during the 2010 Winter Games, the Hostelling International hostel at Cheakamus Crossing is an affordable $39 a night. My cheery room came with three bunk mates and a shared bathroom.

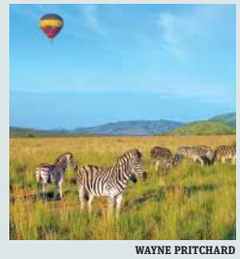
High roller — Who better to give me a lesson as I hit the slopes than an Olympian? I spent my day with Britt Janyk, one of several athletes who participate in the Snow School's exclusive Ski With an Olympian program. Cost: $899 plus lift ticket.

Budget conscious — Head to the top of the Whistler Village Gondola for your complimentary tour of the mountain with a mountain host. Offered daily, don't expect a ski lesson, but do expect to get your ski legs by getting oriented around this massive ski resort while hearing some local lore. Lift ticket packages vary in cost, but plan to pay $100.

High roller — Araxi Restaurant & Bar is reputedly Gordon Ramsay's favourite restaurant in Canada. During the Olympics, medalists were invited to come in to this award-winning Whistler favourite for a glass of champagne. My five-course meal included B.C. sablefish and saddle of rabbit. Cost varies, but expect to pay $150 per person.

Budget conscious — When you enter the Whistler visitor centre, head to the back of the circular building and meet Rosie. The owner of Sushi to Go may barely eat sushi herself, but her creations are legendary in the village. A few pieces of sushi and a dynamite roll cost me $12.

Bucket List



WAYNE PRITCHARD

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While an African safari may seem like light years from reality, South African Airways has made it more accessible with a package starting at $3,000 that includes flights (from New York or Washington D.C.), four nights at the incredibly cool Protea Hotel Fire & Ice in Cape Town and three nights at remote Shepherd's Tree Game Lodge in Pilanesberg National Park north of Johannesburg. A tour of the Cape Peninsula and a safari tour of the Pilanesberg Game Reserve are also covered. Go to flysaavacations.com.

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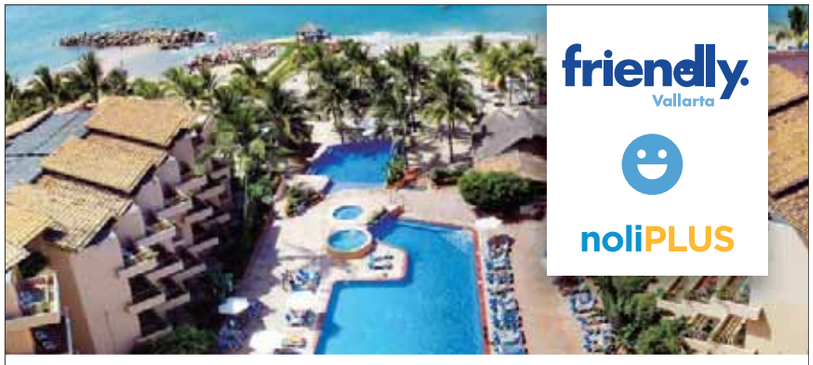

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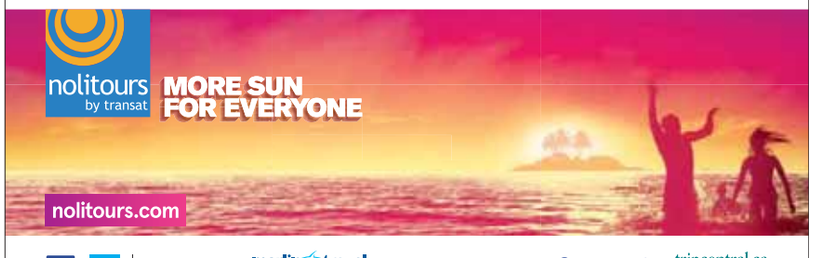

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Where the Breezes are always warm

Bahamas. The Bahamas is a mix of the familiar and exotic

MATT PRIGGE
Metro World News in New York

Forget all your northern troubles as you relax poolside in Nassau. CONTRIBUTED

The bitter cold reality of the dark life in the north early in the new year dares you to flock elsewhere.

So it's not surprising that the peak season for the Bahamas, and those lands in the adjacent Caribbean, lies in the bleak mid-winter.

The glut of tourists from North America has made for a curious culture.

On one hand, those who live and work in the Bahamas year-round maintain the Arawak lifestyle that links them with South America.

On the other, they've made room for North American things.

Indeed, Bahamian Independence Day is only a few days after its American equivalent. Because tourism is the islands' No. 1 economic driver, they celebrate both, one right after the other, for one crazy bash.

The Bahamas teem with fancy hot spots, especially in the capital city Nassau, located on the island of New Providence.

It's here that James Bond has returned again and again, including in his maiden voyage, Dr. No.

Breezes Bahamas was the first of what are still only three all-inclusive resorts on Nassau, and it remains one of the best deals, which is to say it's more affordable than most.

This isn't a sleek castle that protects one from everything but the weather and beach time. It's a getaway that tries to keep you close to island life.

At Breezes, there are the expected multiple pools, beachfront hang spots and an ever-flowing parade of Girl Drink Drunk cocktails whose names you'll quickly forget. But there's also Kalik, the Bahamas' most cherished local beer, a refreshing, fruity brew named for the sound produced by two smacked coconuts.

The mix of local and familiar is also reflected in the food. The two fancy restaurants and the all-day buffet fling continental food, but slip in Bahamian delicacies and twists on American standards.

You'll have to go off-site to take in the country's most cherished foodstuff: conch salad, a refreshing, filling mix of peppers, tomatoes and the white, tangy meat pulled from shells, topped with a liberal squeeze of lime juice. A bowl of the stuff will run you $10 US. We recommend the one from Twin Brothers.

Quick facts

- **Average temperatures.** The daily average temperature in the winter is in the mid-20s, falling to high teens at night.
- **What about hurricanes?** Hurricane season runs from June to November, with the height being during the month of October.

Meghan Agosta-Marciano, Two-time Olympic Gold Medallist, Hampton Inn Jericho - Westbury
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Mixing ‘what can I get for you’ with ‘when’s that paper due?’

Cash between classes. There are many advantages to working while you’re in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN
TalentEgg.ca

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that’s connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don’t let anything fall off your radar.

Be proactive about deadlines

Try setting “fake” due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you’ll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as

Work hard, study hard

Treat your schoolwork like you treat your job:

- One of the hardest things about balancing course work as a student is time management, because there’s no one watching over to make sure you don’t procrastinate.
- When you’re studying, act like you’re at work: every minute counts, so make sure you’re using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

Let your manager know that while you’re dedicated to your side job, your education inva

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soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven't started yet.

Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Give a little, get a little

Offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you'll still need to make sure you're still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

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Where in the world is your career going to take you?

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An office on the move. Of business meetings in Belgium and conferences in Cairo

TANIA DESA
TalentEgg.ca

You have a dream of working with a team of people from different cultures and backgrounds.

You want to jump on the red eye to have meetings in Paris, New York and Tokyo.

Essentially, you want to find a dream job in an exciting foreign city.

Great, so where do you start?

It all starts with a dream ... and a ton of research.

The dreaming phase

In order to get to where you're going, you have to know your destination. Crafting a vivid picture of where you want to be working and how you want to be living will give you a stronger sense of direction, inspire momentum and ignite action.

Write down your answers to the following five questions:

- What intrigues me most about living and working abroad? List experiences and places that immediately come to mind.
- How could the experience enhance my skills and marketability?
- What types of people do I love to be around? In which industries can I find these people?
- What type of work do I get energized about? In what roles would I find this work?
- After work, what do I want to do to have fun and relax? If you love attending concerts, the theatre and enjoying a trendy arts scene, then a small town in Alaska may not be an ideal choice.

If you are passionate about hiking, skiing and outdoor adventures, perhaps Zurich or Vancouver are top of the list.

Look back on your answers. You have documented goals, industries, roles and countries or cities that spark your interest. What trends do you notice?

You may gravitate towards Asia to learn more about doing business in emerging markets. You may notice your passion for improving your Spanish draws you closer to South America. Perhaps your entrepreneurial and tech start-up curiosity leads you to Israel.

Observe the trends in your thoughts and desires, then leap into the next phase.

The research phase

You can literally spend hours, days, even months learning all details of your perfect destination, but there is no such thing as the perfect city.

There are pros and cons to any location and a fulfilling international assignment is based on matching your objectives with a destination that can help you meet them. In order to discover a good match, there are a few things you should consider researching.

Work visas and permits

You can easily shortlist your dream destination list by learning where Canada has bilateral youth mobility agreements for Canadians age 18-35 years old. These agreements lower the barriers to entry and can potentially get you to your destination faster.

Allow yourself time to process the paperwork — it's the less sexy part of working abroad, but it's a vital step. This will also prompt you to consider the length of time of your international assignment. Don't be discouraged if your dream destination doesn't appear in the list, it simply means you might have to explore alternative options like approaching companies to sponsor your work visa.

Cost of living and your budget

Think about your budget. Determine your monthly budget by listing expenses you expect to incur, then compare the costs in your new dream destination.

Local language

Look into the local language of your dream destination. Don't be surprised to land and learn that Catalan is the local language of Barcelona — look it up first! Be open to exploring cities with interesting foreign languages. Remember, the world is getting smaller and the language skills on your resumé could prove to be a competitive advantage.

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Industry trends

- If you are committed to working in a particular industry or field of work, read global reports indicating geographical trends.
- Does the WTO say that China is investing in solar energy at twice the rate of European countries? If so, there will be a flood of fascinating projects and opportunities to dig into. Read industry news to gain important insights into your field of interest. Think globally in any field of work.

#QuestionoftheDay

What's the most important skill you use in your day?

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@saraherodrigues
Keeping an open mind! #QuestionOfTheDay

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Critical thinking

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@MonMc:
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@laura_riina:
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@amreenazam:
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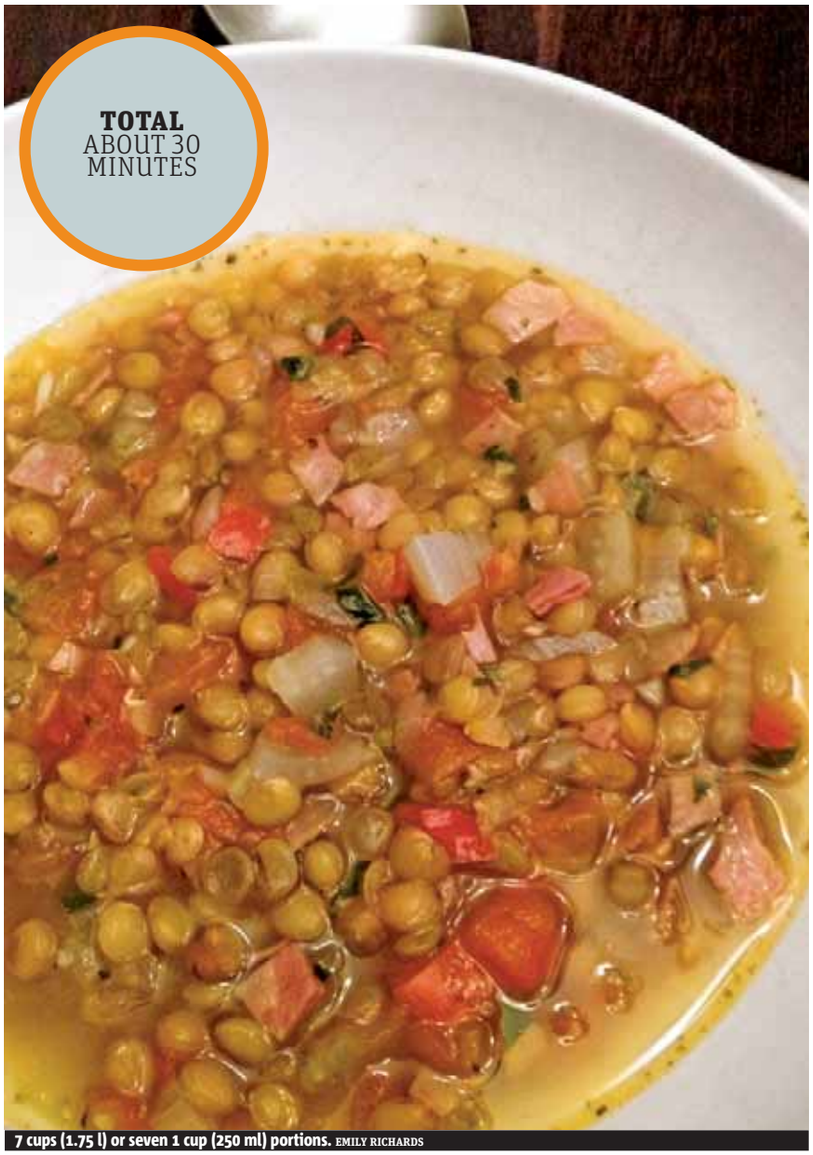
Organizational skills!



7 cups (1.75 l) or seven 1 cup (250 ml) portions. EMILY RICHARDS

Hearty soup is an ode to Canadian-grown legumes

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your stove to your table in about 30 minutes

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

1. In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.

2. Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

Biscuits

Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of them.

1. Whisk together flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.

2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for about 12 minutes or until golden.

Cooking tips

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.

Ingredients

Soup
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

Biscuits
- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

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Nesbitt in bizarro land off of podium

Winter Olympics. While her body has been saying no, Ontario speedskater says she's ready to go

Olympic speedskater Christine Nesbitt of London, Ont., is reflected in a television screen as she speaks with reporters in Sochi, Russia, on Tuesday. PATRICK SEMANSKY/THE CANADIAN PRESS

Innumerable turns around the oval over a 16-year career have taken their toll on Christine Nesbitt.

The human body, she'll tell you, isn't made for constantly moving in a bent-over position.

Saying she's dealing with "body issues," the Olympic gold medallist has struggled to find her form this past fall. One of the finest female long-track speedskaters ever produced in a country that has churned out some remarkable ones, was finishing well off the World Cup podium.

She was hesitant to delve into specifics about her ailments during a news conference Tuesday — she prefers to focus on the here and now — but she said they were the result of many years in the sport.

"I've been at a high level of competition for a number of years and just speedskating is a very unnatural position," she said. "There's a reason that people don't speedskate for fun recreationally when they're 50. It's just a really hard sport on your body. I love it and it's fun, but when you're telling your body to do something and it's unable to do it ... that's basically what was happening."

The 28-year-old from London, Ont., won gold in the 1,000 metres at the Vancouver Games. The eight-time world champion seemed almost unbeatable en route to her No. 1 world ranking in the 1,000 and 1,500 metres in the 2011-'12 season.

But when she should have been rounding into form this past fall for her third, and perhaps best, Olympic appearance, her body betrayed her. She finished seventh and 10th at a World Cup in Calgary in November, and admitted she'd been dealing with tightness in her back, and then finished 12th, 13th, and 15th at a World Cup in Salt Lake City.

"I think that for sure I'm not a favourite I'd say, but if I skate the way that I know how to skate and if I'm confident in myself, I can race to the level that I have raced at in previous seasons," she said.

THE CANADIAN PRESS

Did you know?

The clap skate revolutionized speedskating in the mid-1990s, helping lower world records considerably. The skates are hinged to the front of the boot and detach from the heel, allowing a more natural range of movement. The blades are about one millimetre thick and come in lengths from 13 to 18 centimetres.

Ageless wonder

42

Germany's Claudia Pechstein, pictured, will turn 42 during the Olympics, her sixth. She owns nine career medals and will try for a 10th in the 5,000 metres.

NHL

Leafs treat snow birds to a snoozer

Tim Thomas made 20 saves, Brian Campbell had two assists and the Florida Panthers beat the Toronto Maple Leafs 4-1 Tuesday night to snap a three-game losing streak.

Tom Gilbert, Jesse Winchester, Shawn Matthias and Marcel Goc scored for the Panthers, who handed the Maple Leafs their first loss in four games.

David Clarkson had the goal for Toronto, and Jonathan Bernier stopped 44 shots. THE ASSOCIATED PRESS

Memoir

Tie tries typing

Former Toronto Maple Leafs enforcer Tie Domi is stickhandling another role away from the ice: author.

Simon & Schuster Canada announced on Tuesday that it will publish Domi's forthcoming memoir.

The ex-NHLer will co-write the book with sports reporter Jim Lang.

THE CANADIAN PRESS

NCAA basketballs

Jayhawks soar despite Wiggins' early struggles

Naadir Tharpe scored 22 points, nine in a go-ahead run for No. 8 Kansas before halftime, and the Big 12-leading Jayhawks rebounded from their first league loss with a 69-52 win at Baylor on Tuesday night.

Andrew Wiggins, the Big 12's top scoring freshman from Vaughan, finished 4-of-13 shooting with 14 points. THE ASSOCIATED PRESS

Gay trade working for Raptors and Kings

It was never that Rudy Gay was a bad basketball player during his short-lived tenure with the Raptors. He possessed all the skills that served him so well for so many years.

But the NBA is as much about "fit" as it is talent — and Gay is using much the same skill set he had in Toronto to thrive with the Sacramento Kings.

He remains a solid isolation scorer who benefits from having other creative players around him, and he has had a bit of a resurgence since being dealt to the Kings in December.

Smells like team spirit

"Sacramento was not good at all. But here, everything's clicked."

Raptors guard Greivis Vasquez on the chemistry in the Kings locker room.

Along with DeMarcus Cousins and Isaiah Thomas, Gay's production is up and his usage down in Sacramento.

Gay's averaged 20.7 points per game in 25 games with the Kings after averaging 19.4 points in 18 games with Toronto — but he is more efficient. According to Synergy, 12.6 per cent of Gay's jump shots with the Raptors came with less than four seconds on the shot clock and it's just 8.1 per cent with the Kings.

The Kings are still tied for last in the Western Conference with a 16-32 record going into Wednesday night's game with the Raptors in Sacramento.

Toronto's fortunes really turned after the trade was finalized on Dec. 9.

The Raptors are 18-10 since deal. The teamwork the Raptors are displaying — and the depth they acquired in Patrick Patterson, John Salmons, Greivis Vasquez and Chuck Hayes — has been huge.

The seamless way the four players have fit into Toronto's rotation proves further that the league is about "fit" as much as anything. TORSTAR NEWS SERVICE

Rudy Gay GETTY IMAGES

Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

Early bird gets the ice on foreign soil

Figure skating. Patrick Chan arrived in Sochi last week so he could work out kinks

On Patrick Chan's first full day in Sochi, he misjudged the length of the walk from his room to the gym, and the length of the bus ride to the rink.

The three-time world champion ended up missing his first practice.

But the 23-year-old from Toronto — and self-professed creature of habit — arrived in Sochi several days ahead of the other skaters to iron out the kinks early, and the decision, he said, paid off.

"It's been quite an adventure," Chan said at a news conference Tuesday. "That was the reason I came early, so that I could get in that routine and make this here in Sochi a training environment for me, so it will be easy for me to start competing and feel at ease and calm on the ice.

"Having those days where I missed the practice, that's where I really learned about time management."

Patrick Chan speaks with his coach Kathy Johnson during a figure skating practice session on Monday in Sochi, Russia. MARK BAKER/THE ASSOCIATED PRESS

His early arrival last Friday also meant he had the ice all to himself for the first couple of days, a "huge advantage" for the skater who hopes to claim Canada's first ever Olympic gold medal in men's singles.

"In my whole career I haven't had a practice on my own in all the Grand Prixs I've been to," Chan said. "Who would imagine at the Olympics I'd have ice on my own? It was a huge help because at the end of the day when I compete I'm on my own, I'm on the ice on my own; there's nobody else on the ice.

"I really enjoyed it, also the fact I could play my music as many times as I wanted."

Chan has been the skater to beat since winning three consecutive world titles. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program and for overall score to finish a whopping 31 points ahead of second-place Yuzuru Hanyu.

THE CANADIAN PRESS

Did you know?

The IOC has added a team competition in 2014 to the familiar medal events of men's and women's singles, pairs and ice dance. Ten countries will take part, combining the scores of their entries in the four disciplines.

West's best

7/10

Russian or Soviet skaters have won seven of the 10 gold medals in the ice dance, but London, Ont., duo Tessa Virtue and Scott Moir will be on hand to defend their titles.

Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was (a) little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Oullette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Oullette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS

Did you know?

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.

Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

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Audi A3 is an affordable luxury

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Review. Times have changed: your budget no longer determines your brand

MALCOLM GUNN
wheelbasemedia.com

Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine for the S3 that generates about 290 horsepower.

The standard six-speed automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel.

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock that, during cornering, applies moderate braking to the inside front wheel to reduce the natural tendency to travel in a straight line even when the wheel is turned, called understeer.

For $33,100 (which is about $3,000 less than the Mercedes-Benz CLA 250), the A3 comes reasonably equipped with leather seat covers, a panoramic glass sunroof, bright xenon headlights and Bluetooth short-range wireless networking. Of course Audi will tempt you with an array of options such as a navigation system with unique three-dimensional graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.

2015 Audi A3

- **Type.** Four-door, front- /all-wheel-drive compact sedan
- **Engines (hp)** 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- **Transmissions.** Six-speed automated manual
- **Base price (incl. destination).** $33,100

Design

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheet-metal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

Interior

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

DRIVE

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JUSTIN PRITCHARD
drive@metronews.ca

The Jeep Patriot's job was to bring the brand's big, capable and handsome styling language to a value-minded shopper after an affordable and adventurous ride that provided low-cost access to four-wheel drive adventure seeking. With a launch for model-year 2007, Patriot arrived as Canadian shoppers were getting into fuel-efficient little SUV models in a serious way.

Jeep made sure there was a Patriot for just about any shopper. Bluetooth, premium audio, heated seats, a driver computer, auto climate control, a household power outlet, and a trunk-mounted rechargeable flashlight were all on board.

From 2009, Patriot got an interior refresh to gussy up its cabin, which had earned a reputation for being boxy and bland and made of melted-down margarine containers finished in 50-shades-of-grey-plastic.

Common issues

Head to a rough road to listen to the suspension for clunking, popping or grinding sounds while steering or travelling over bumps. Unwanted sounds likely indicate the presence of one or more worn-out suspension components. Owners have reported premature wear of these parts, with sway bar links, ball joints, tie-rods and bushings listed as the usual culprits.

Driveability issues with Patriot's Japanese-outsourced CVT transmission, including reduced or sluggish acceleration, could be the result of a computer-related problem fixed by re-flashing the computer brain that controls the transmission.

Some droning and a strange, shift-less feeling to the power delivery are normal. Grinding sounds from the CVT transmission, or a bucking or "jerking" sensation when decelerating are not. Opt for a manual transmission where possible — as the CVT isn't as well proven.

Check the ceiling liner around the map lights, as well as carpeting in the front footwells, for signs of moisture — which could indicate a leaky sunroof or drain tubes.

Other checks include a visual scan of the power steering reservoir and pump to ensure no fluid is leaking, and listening for a high-pitched whine at speed on models with the CVT, which could be caused by a bad transmission mount.

PHOTO: TORSTAR NEWS SERVICE

What owners like

Owners like the overall value presented by these machines, as well as the confidence enabled by the slick 4WD system in slippery conditions. The clever and unique features, on-board flexibility and even all-around visibility are also rated highly.

What owners dislike

Earlier models got plenty of complaints about interior design and materials selection, and a decent number of owners wish for a more powerful engine. A louder-than-expected highway ride is often griped about, too.

Engine

Most used units will be powered by a 2.4 litre four-cylinder engine with dual overhead camshafts good for 172 horsepower. That's available teamed up with either a five-speed manual or a Continually Variable Transmission (CVT) with either front or four-wheel drive available.

The verdict

Good bang-for-the-buck will make Patriot an appealing buy for budget-minded 4x4 shoppers. Opt for a model with the five-speed manual gearbox for maximum long-term confidence.

Advertised ice track delivers on slippery promise

Quebec's Mecaglisse. The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go

AUTO PILOT
Mike Goetz
drive@metronews.ca

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it.

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control. And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice … that's so much fun," says Franck Kirchhoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces.

In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first week of January to the first week of March.

Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track NISSAN CANADA

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted, they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as advertised, and, also as advertised, the ice track is very slippery. Even with our studded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customer-focused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

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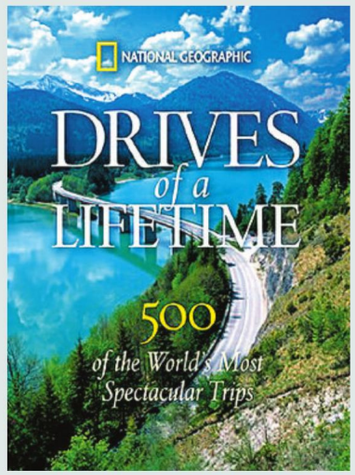

If you have your own bucket list of places to see and routes to follow, the book Drives of a Lifetime, 500 of the World's Most Spectacular Trips, will be of particular interest. Written by the editors of National Geographic magazine, this 320-page coffee-table-style tome includes descriptions of spectacular roadways from all over the globe, as well as hundreds of accompanying maps and full-colour photos of the scenery you can expect on each journey. Some of the described routes include Alaska's Denali highway, the E4 highway in Norway that leads to the Arctic Circle, Argentina's 5,000-kilometre Ruta 40 and the N9 road in Morocco that leads from Marrakech into the heart of the spectacular Atlas mountains. Drives of a Lifetime is available for $40 US at shop.nationalgeographic.com.

The art of the kart

Think of a TrophyKart buggy as a scaled-down and less powerful version of the vehicles that compete in the Baja 1000, or similar off-road desert races. Of course that makes a TrophyKart much more affordable to own. The vehicle is built for kid- or adult-sized drivers. Trophy Kart's latest model is the 450RS that includes a water-cooled 450 cc all-terrain-vehicle (ATV) engine rated at 52 horsepower. That doesn't sound like much, but the company states the 450RS will top out at about 145 kilometres per hour. A 450RS lists for $17,250 US, but the company also has a kid-sized RS200 model with a smaller engine available for $10,560 US. Ordering and authorized dealer information can be found at trophykart.com.

Green, clean machine

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Paul Walker lived fast, gave generously

Autoknow. Was there ever an actor who was synonymous with pop car culture on such a large scale? It's doubtful there will be another.

TODD D. BURLAGE
wheelbasemedia.com

Walker (centre left) played Brian O'Connor in the very popular Fast and Furious movies. BOTH PHOTOS WHEELBASE

Perhaps we've all been in over our heads at one time or another. The thing is that most of us live to tell about it. Most of us.

Sometimes all hell breaks loose. The car crashes at more than 150 kilometres per hour. Lives shatter.

Driver Roger Rodas and Paul Walker died Nov. 30 on what was shaping up to be just another cruise on a sunny California day.

Walker, 40, the passenger in a red 2005 Porsche Carrera GT, and Rodas, his friend and business partner, had departed from a charity event. Minutes later both men were dead in a single-vehicle crash.

How it happened and who was to blame all seems irrelevant when it doesn't change the outcome. Rodas, 38, an accomplished racing driver, left behind a wife and two children.

And Paul Walker, best known as the hero of the Fast and Furious movie franchise, is survived by his 15-year-old daughter, two sisters and two brothers.

It was a shock to fans and a tragic ending to what had been a fast life that was often built around four wheels.

Born, in Glendale, Calif., Walker, who began modeling as a child before hitting the big-time on the big screen, was a chart-topper and a heart-stopper for plenty of women across decades.

Along with increasingly significant acting gigs (Pleasantville, 1998 and Varsity Blues, 1999, for example), Walker as a youth was supported by a meaningful family structure. He attended a Christian high school in San Fernando Valley, where everyone knows everyone else and friendships are forever.

Following graduation he formally pursued his passion for studying marine life.

He also loved cars. Walker-family DNA apparently includes a gene for gearhead. Both his grandfather, who raced factory cars for Ford, and his father planted seeds that Walker cultivated into obsession. And that was before The Fast and the Furious (2001) movie character of Brian O'Connor.

Quoted

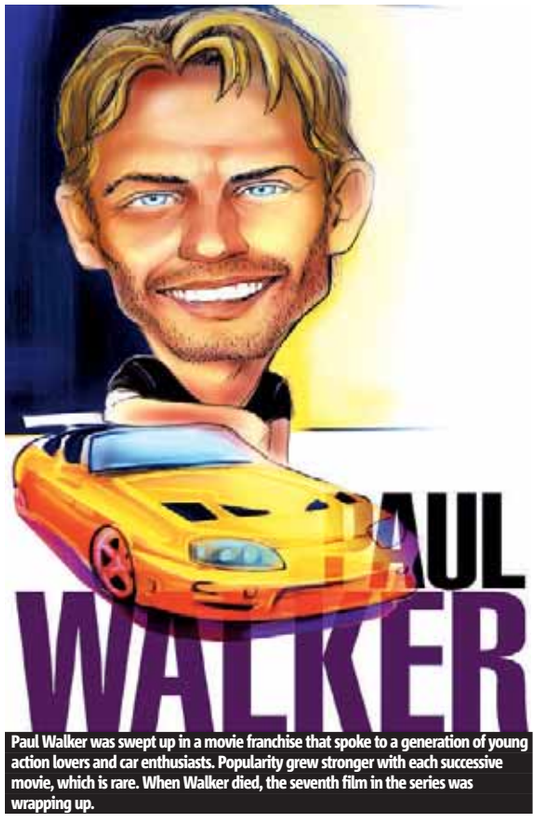
Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

The film's makers said Walker, then only 28, was like a modern-day Steve McQueen. Sparkling blue eyes, 6' 2, and a man who could go from a flashy smile to a stern deadpan look at the drop of a hat.

Fans took notice and Walker caught a break: the original Fast movie wasn't supposed to be a blockbuster, but suddenly he was a superstar who was branching out and doing other projects such as the sled-dog movie Eight Below (2006). At the time of his death, filming of the seventh Fast and Furious movie was wrapping up.

Franchise, fame and fortune were his.

He pretended not to notice. In interviews and public statements he eschewed the Hollywood party scene, like its ubiquitous seduction had no hold on him. He was his own man.



Paul Walker was swept up in a movie franchise that spoke to a generation of young action lovers and car enthusiasts. Popularity grew stronger with each successive movie, which is rare. When Walker died, the seventh film in the series was wrapping up.

He loved other things, such as marine biology. He starred in a National Geographic Film called Shark Men in 2010. He also held a brown belt in Jiu-Jitsu.

However, he was best known, publicly, for his movie roles that portrayed speed, and a big part of his personal life was centered on it, including a healthy collection of cars. He also competed in racing events.

Quoted

He was his own man. He loved other things, such as marine biology. He starred in a National Geographic film called Shark Men in 2010. He also held a brown belt in jiu-jitsu.

But the fast lane isn't the safest place to travel and sometimes it can bite.

Rodas was Walker's financial advisor, a former racer and ran a performance shop that Walker owned.

On that fateful day, it likely didn't help that the $500,000, 600-horsepower Porsche that Rodas, a former racer, was driving was a supercar capable of more than 300 km/h. Reports cleared the Carrera GT of any mechanical issues, but Rodas was driving in a San Fernando Valley suburb at more than 160 km/h when the crash occurred.

Merely along for the ride that day, Walker made no effort to hide his addiction to speed. The kinds of cars he owned, the number of them, and the interviews in which he openly disclosed his acceptance of risk, all point to the late actor's yin and yang.

Speed was in his blood, but on the other hand, even before there was a need to memorialize him, friends and colleagues characterized Walker as generous, humble and compassionate. Plenty of evidence supports their claims.

Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

He personally volunteered in Haiti, Chile, and the Philippines, as well as many domestic locations devastated by natural disasters.

A few years ago, he anonymously purchased an engagement ring on behalf of an active duty marine and his girlfriend, both strangers to Walker, after overhearing of their financial difficulties.

And of course he had just attended an event for his charity, Reach Out Worldwide for victims of Typhoon Haiyan, when he and Rodas headed out in the Porsche.

Walker was young, and talented, and loved. That's for certain. Celebrities scintillate, we titillate, but we're all only human. In August, Walker quoted novelist-philosopher Ayn Rand when he tweeted, "The question isn't who is going to let me. It's, who is going to stop me?"

Responsible rubber: Tires with a brain

Driving Force. In newer vehicles your wheels will warn you if they're low or becoming flat

JIL MCINTOSH
Drive@metronews.ca

If you have a newer vehicle, chances are good it has a tire pressure monitoring system (TPMS). These systems continually check your tires and warn if the air in them falls below the correct pressure.

"Properly inflated tires make a vehicle handle better, and you need to be warned if you have rapid deflation," says Hugh Charvat, president and CEO of Schrader International, which makes TPMS systems. "It gives you the warning even before you feel it through the steering wheel."

Almost all TPMS systems used today are direct systems, meaning there's a pressure sensor inside the tire. Most sensors are part of the valve stem, but a few use a sensor strapped to the wheel inside the tire. A small number of automakers use indirect systems, which use the anti-lock brake sensors to check the speed of each wheel and determine if one is turning more slowly, indicating a low tire.

The systems are set to the proper pressure for the car, and warn if a tire drops 25 per cent or more below it.

If your tire warning comes on when it's really cold, but goes off after you've been driving for a while, it could be that one of your tires is very close to the warning threshold.

"Temperature has an impact on pressure, because gas expands and contracts," Charvat says. "The TPMS (warning) will come on, but when the tires warm up, the light will go off because the pressure inside the tire will increase. It's telling you to check the tires."

This could be because you have a leak in one tire, or that you haven't checked your tire pressure in a while. Tires are permeable, meaning that air molecules will gradually pass through them, and it could be that you've finally lost enough to set off the warning.

If you change to winter tires each season, but don't have pressure sensors in your winter wheels, your TPMS system won't work. "It's a smart investment to buy four additional sensors to maintain the integrity of the system and keep it functioning," Charvat says. "If you have a slow or rapid leak, you're putting yourself at risk because you've intentionally disabled a safety system."

The sensors contain batteries, and after about 10 years, they'll probably need replacing. A blinking TPMS warning light could indicate either a dead sensor battery or a malfunctioning sensor, and should be checked as soon as possible.

And even though you have a warning system, you should still check your tire pressure each month. A tire could be low enough that it's affecting your fuel economy, even though it's not down to the warning stage.

To note

- **Mandatory.** Tire pressure monitoring systems are mandatory on all new cars sold in the United States. They're not required in Canada, but most new cars have them.
- **Signs.** Depending on the vehicle, you may have a warning light that indicates one of the tires is low, or a display that shows the specific tire pressure.
- **Advice.** The proper air pressure for your tires is on a sticker inside your driver's door jamb, the glovebox door, or the fuel filler door.

A warning light on your dash will tell you when your tire pressure is low.

Tire pressure sensors fit inside the tire to monitor pressure. BOTH IMAGES CONTRIBUTED

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JONATHAN BUTT
803-88 Red Path Ave.
Toronto, On M4S 2J8

NARDIA MCKENZIE
303 Eglinton Ave East
Toronto, On M4P 1L3

DONNALEE LYNN VESTOR
310-55 Broadway Ave
Toronto, On M4P 1T8

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Horoscopes

♈ Aries
March 21 - April 20
You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

♉ Taurus
April 21 - May 21
Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

♊ Gemini
May 22 - June 21
If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

♋ Cancer
June 22 - July 23
Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

♌ Leo
July 24 - Aug. 23
Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

♍ Virgo
Aug. 24 - Sept. 23
Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

♎ Libra
Sept. 24 - Oct. 23
Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

♏ Scorpio
Oct. 24 - Nov. 22
You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

♑ Capricorn
Dec. 22 - Jan. 20
You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

♒ Aquarius
Jan. 21 - Feb. 19
Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

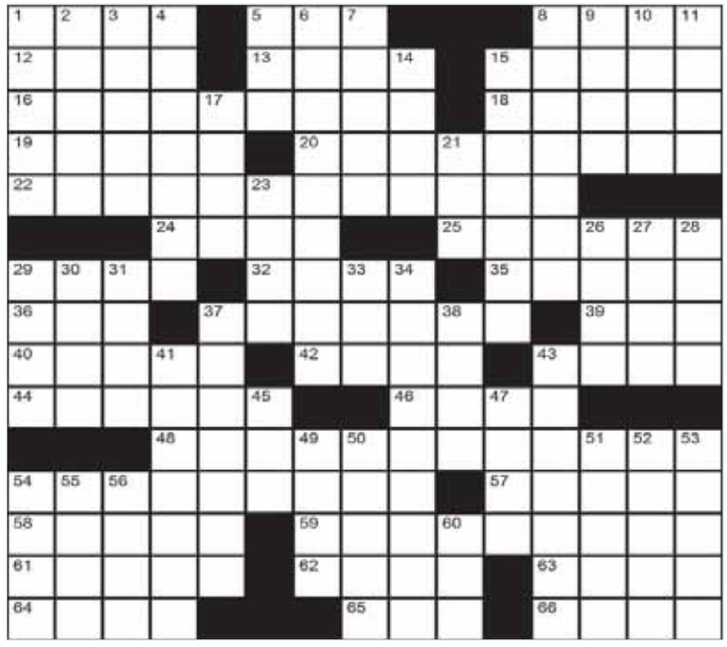
♓ Pisces
Feb. 20 - March 20
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

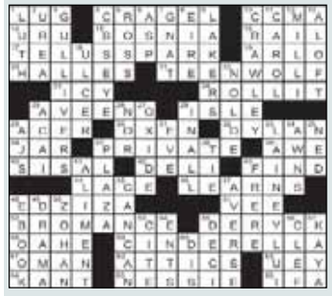
BY KELLY ANN BUCHANAN



Across
1. Berth
5. Electric guitar need
8. Recede
12. Data
13. Rivers: Spanish
15. Ms. Shire
16. Tiny amount
18. Leaves off
19. ___ letter (Use the post)
20. Royal visit meet-and-greet
22. TV crew pro: 2 wds.
24. "The English word 'or' is known __ '__' in French."
25. 'A' of A-bomb
29. TV clicker button
32. __-dokie
35. Matrikin
36. Chopper
37. Beach Volleyball great, Misty May-__
39. Vintage auto
40. Billy Joel's "__ Man"
42. Intermission, __'acte
43. Model/actress Molly
44. High-__ (Overly energetic)
46. Flemish painter, Jacob van __ the Elder
48. Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olympics: 2 wds.
54. Canadian pairs figure skating greats/Olympians, Sale and __
57. "_ __ to see the point?"
58. Extraterrestrial
59. Pacific or Atlantic expanse
61. Sky sight
62. Longing-for sound
63. "Yippee!" of yore
64. Mr. Olin's
65. Cake make, Sara __
66. Library furniture piece

Down
1. Bette Midler, The Divine ___
2. Annually, ___ year
3. Out ___ ___ = It's time to get more toner
4. __ Provincial Park in Morpeth, ON; or, form of French poetry
5. Actress Ms. Meyers
6. "Happy Days" city
7. Of the Arctic
8. Southwestern Ontario county where Sarnia is located
9. Assortment
10. 'If you', in French: 2 wds.
11. The Middle __
14. 2010 Angelina Jolie movie
15. __ oven
17. Ancient T's
21. Car company
23. Ricky Nelson's "__ Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency __ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight ___ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	5			9	7	
4						2		6
	8			1				4
	9				5	4		
			2		4			
		6	3				2	
1				7			6	
6		4						9
	5	7			3	8		

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	6	4	8	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

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15TH ANNIVERSARY SALE

THROWBACK PRICING≠

PAYMENTS LIKE THEY WERE 15 YEARS AGO

"BEST ECONOMY CAR"

MOTORING 2014

Forte SX shown^

THE ALL-NEW 2014 FORTE

hwy / city 100km^ 5.3L/8.0L

THROWBACK PRICING

WAS ~~$98~~

$78≠ BI-WEEKLY for the first **15 MONTHS.**

0%≠ financing

Includes Variable Throwback Pricing Incentive. $78 bi-weekly payments include the $640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (F0541E), financing for 84 months. After 15 months, bi-weekly payments increase to $98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.≠

reddot design award winner 2013

7 PASSENGER SEATING AVAILABLE

Rondo EX Luxury shown^

THE ALL-NEW 2014 RONDO

hwy / city 100km^ 6.2L/9.4L

THROWBACK PRICING

WAS ~~$128~~

$88≠ BI-WEEKLY for the first **15 MONTHS.**

0%≠ financing

Includes Variable Throwback Pricing Incentive. $88 bi-weekly payments include $1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (RN551E), financing for 84 months. Offer includes $750 loan credit[1]. After 15 months, bi-weekly payments increase to $128. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.≠

AVAILABLE ALL-WHEEL DRIVE

Sportage SX Luxury shown^

THE NEW 2014 SPORTAGE

hwy / city 100km^ 7.0L/10.0L

THROWBACK PRICING

WAS ~~$146~~

$99≠ BI-WEEKLY for the first **15 MONTHS.**

1.49%≠ financing

Includes Variable Throwback Pricing Incentive. $99 bi-weekly payments include $1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP551E), financing for 84 months. After 15 months, bi-weekly payments increase to $146. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.≠

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Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by February 28, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Forte LX MT (F0541E)/2014 Rondo LX MT (RN551E)/2014 Sportage LX MT FWD (SP551E) with a purchase price of $17,913/$23,993/$25,193 (including $1,485/$1,665/$1,665 freight/PDI and $399 administration fee) financed at 0%/0%/1.49% for 84-month period equals 32 reduced bi-weekly payments of $78/$88/$99 followed by 150 bi-weekly payments of $98/$128/$146. Cost of borrowing is $0/$0/$1,343.86 and total obligation is $17,913/$23,993/$26,536.86. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Forte LX MT (F0541E)/2014 Rondo LX MT (RN551E)/2014 Sportage LX MT (SP551E) shown is $640/$1,280/$1,504 (a $20/$40/$47 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. [1]Loan credit for 2014 Rondo LX MT (RN551E) is $750 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ^Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury (RN756E) is $26,195/$38,295/$32,195. ^Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Sportage 2.4L 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.